

## ABSTRACT

A steam-generating warming article 1 which has a steam generating element 2 making use of chemical energy and is adapted to supply steam while in contact with a human body. The article 1, while in contact with the body, maintains the skin surface temperature at 38° to 49°C for 3 to 15 hours and cumulatively generates 0.5 to 12 mg/3 hr·cm<sup>2</sup> of steam. The steam-generating warming article 1 is used to improve the human body's physiology. The steam generating element 2 is preferably a heat generating sheet prepared by incorporating an aqueous electrolyte solution into a molded sheet containing an oxidizable metal, a reaction accelerator, and a fibrous material.